



SKIPPING CHALLENGE

Your name: Your Year:

Your School:

Complete each activity and enter your level and score below.
See if you can improve your Personal Best each week!

	DOUBLE BOUNCE		RUNNING		SINGLE BOUNCE	
	LEVEL	SCORE	LEVEL	SCORE	LEVEL	SCORE
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						
Week 9						
Week 10						

1. Choose your level: Bronze, Silver or Gold
2. Skip for the correct number of seconds: Bronze = 20 seconds
Silver = 40 seconds Gold = 60 seconds
3. Get skipping and count the number of skips completed
4. Record your level and score
5. Try and improve your score each week and move up to the next level for a harder challenge

